



International  
Health, Racquet &  
Sportsclub Association

## Senate Health Policy Committee

### Written Testimony of Joe Moore, President International Health, Racquet & Sportsclub Association (IHRSA)

May 13, 2009

Members of the Committee, thank you for the opportunity to submit testimony on Senate Bill 365, which addresses the issue of child obesity by requiring schools to provide a minimum of physical and health education at both the K through 5 and middle school levels, and Senate Bill 366, which makes the offering of these classes a requirement to be eligible for State School Aid.

My name is Joe Moore. I am president of the International Health, Racquet & Sportsclub Association (IHRSA), the leader in education, research and advocacy for the health and fitness industry. We represent over 9,100 fitness businesses worldwide, and actively support instilling good fitness habits in children early on, starting with proper physical education programs in schools.

In 2004, the Center for Disease Control and Prevention reported that over 17 percent of school aged adolescents are overweight.<sup>1</sup> In addition, according to the not-for-profit Trust for America's Health, 28.9% of Michigan high school students are overweight or obese and 56% of high school students do not meet the recommended levels of physical activity. With the rise in childhood obesity and physical inactivity, there has been an increase in the incidence of type 2 diabetes and hypertension, chronic illnesses that were once considered adult conditions. Teaching children to become active in school will help them to achieve a healthier adolescence and a more physically active lifestyle as an adult.

IHRSA supports the State Senate, the Health Policy Committee, and Committee Chair and bill sponsor Senator George, in their efforts to ensure that every school in Michigan provides a strong physical education curriculum and instills healthy physical activity and nutritional practices in its students. We stand strongly in support of the passage of Senate Bills 365 and 366 as steps toward solving the growing problem of childhood inactivity and obesity.

We applaud policy makers who are working to tackle this problem. IHRSA would welcome the opportunity to work with you and your colleagues in the future and we would be happy to provide you with any resources or information that you think may be useful in promoting better physical fitness for Michigan's students. If you have any questions or information requests, please do not hesitate to contact Amy Bantham, Deputy Vice President of Government Relations ([aeb@ihrsa.org](mailto:aeb@ihrsa.org)), or Tim Sullivan, Legislative Analyst ([ts@ihrsa.org](mailto:ts@ihrsa.org)), in our office at 1-800-228-4772.

<sup>1</sup> NHANES data on the Prevalence of Overweight Among Children and Adolescents: 2003–2004. CDC National Center for Health Statistics.

<[http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght\\_child\\_03.htm](http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght_child_03.htm)>

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